



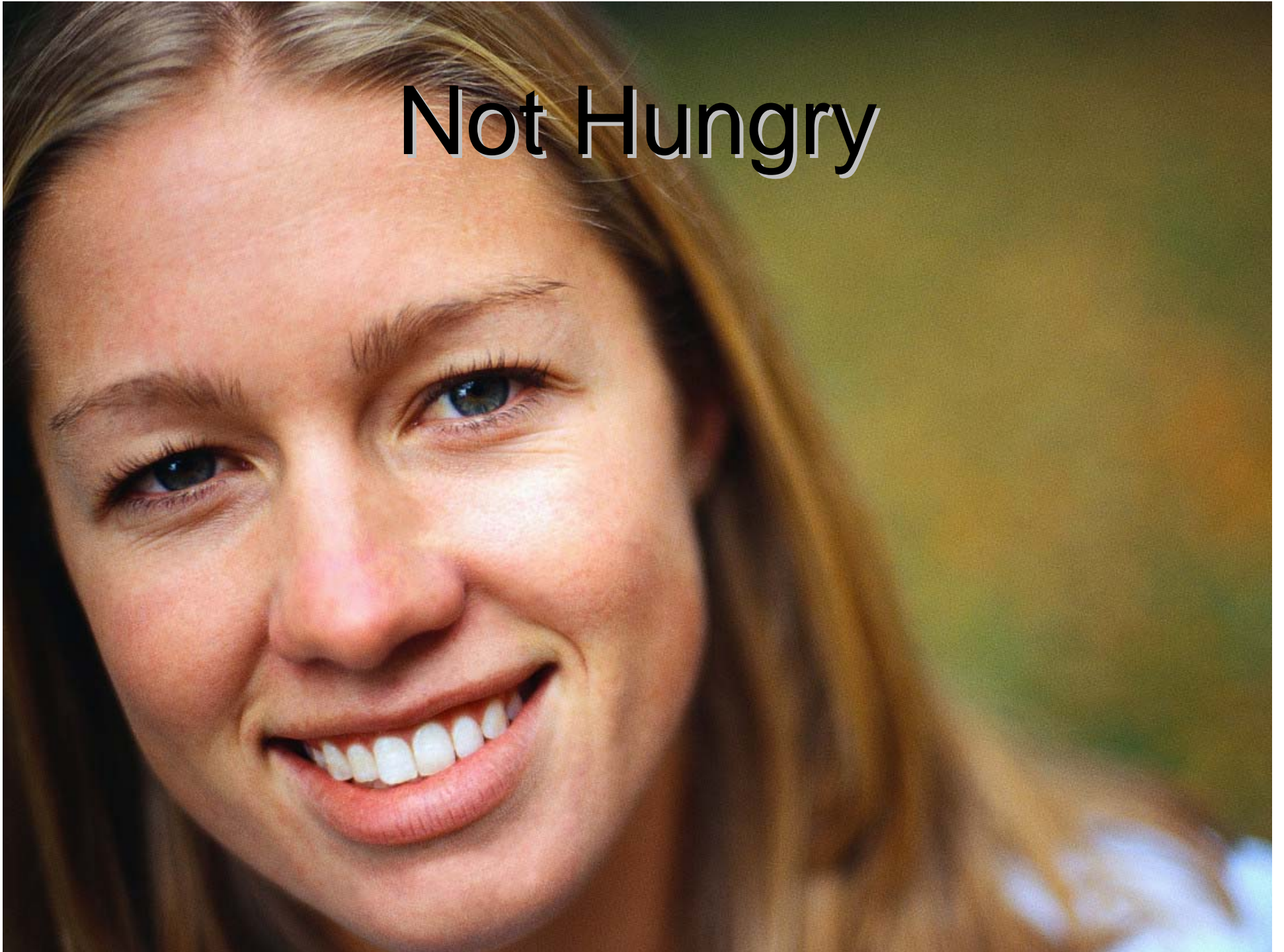
Barriers to Breakfast With Simple Solutions

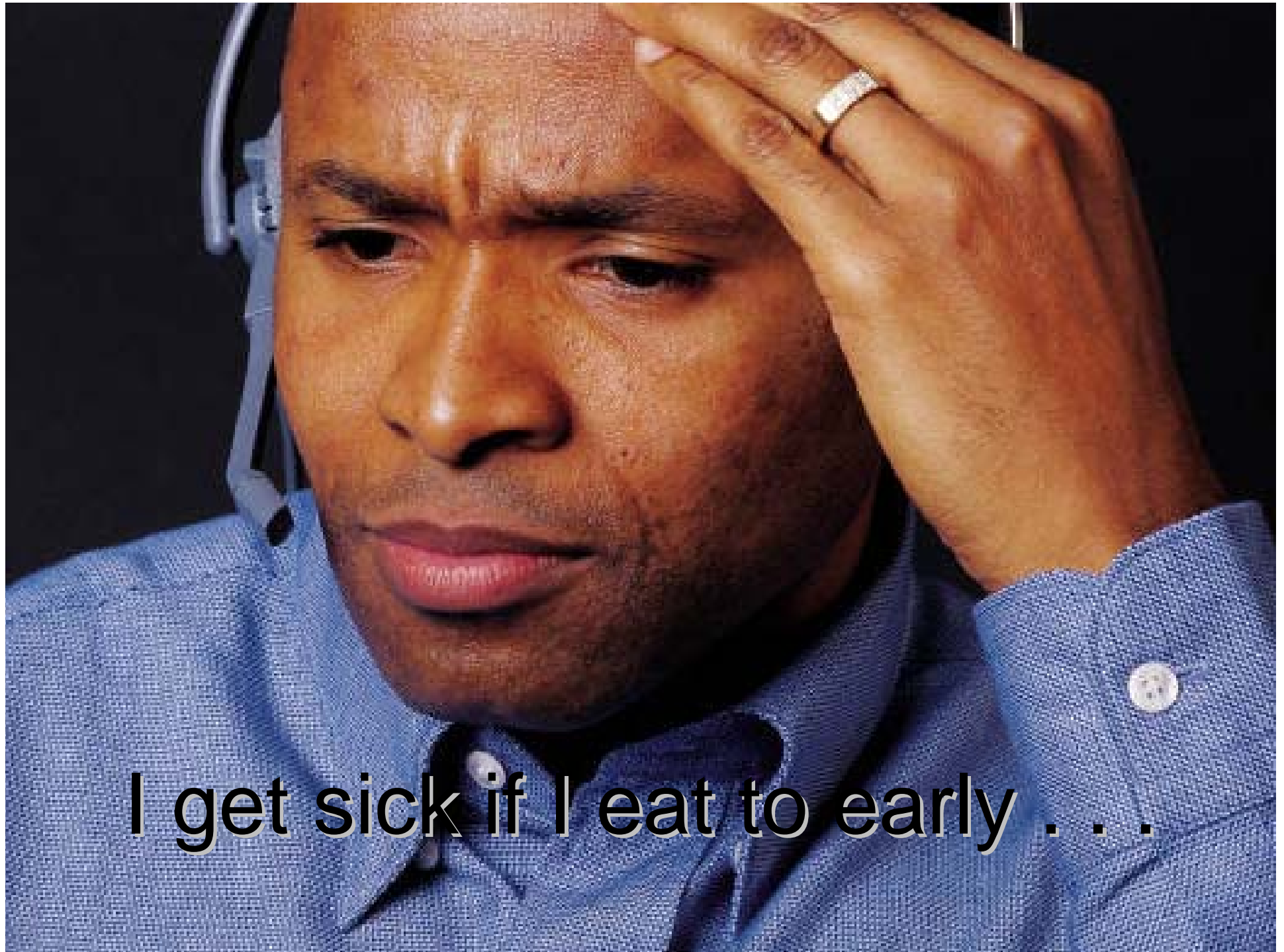
By: Dr. Nedra Christensen,
Heidi LeBlanc, &
Debbie Christofferson



Not Enough Time

Not Hungry





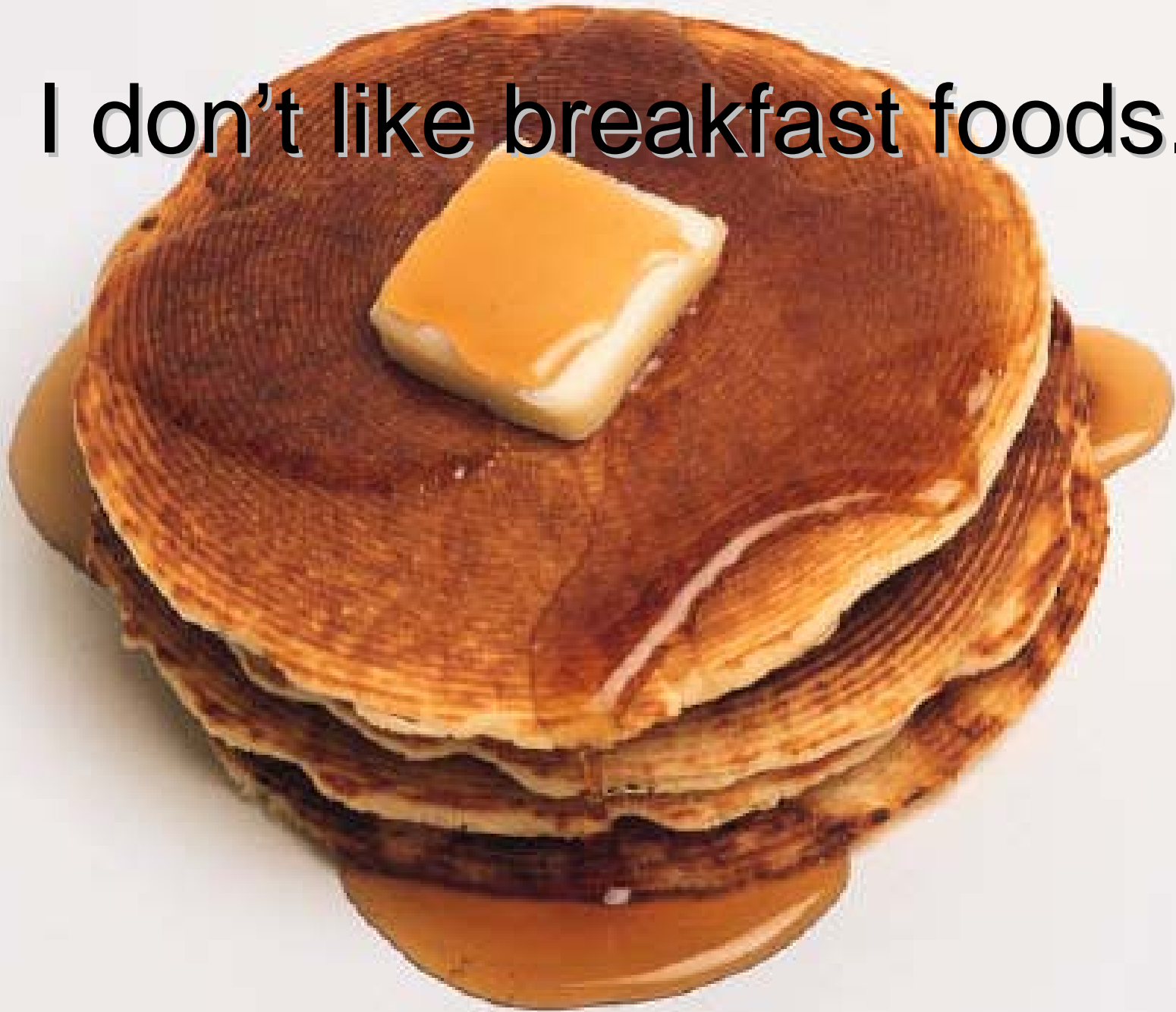
I get sick if I eat too early . . .



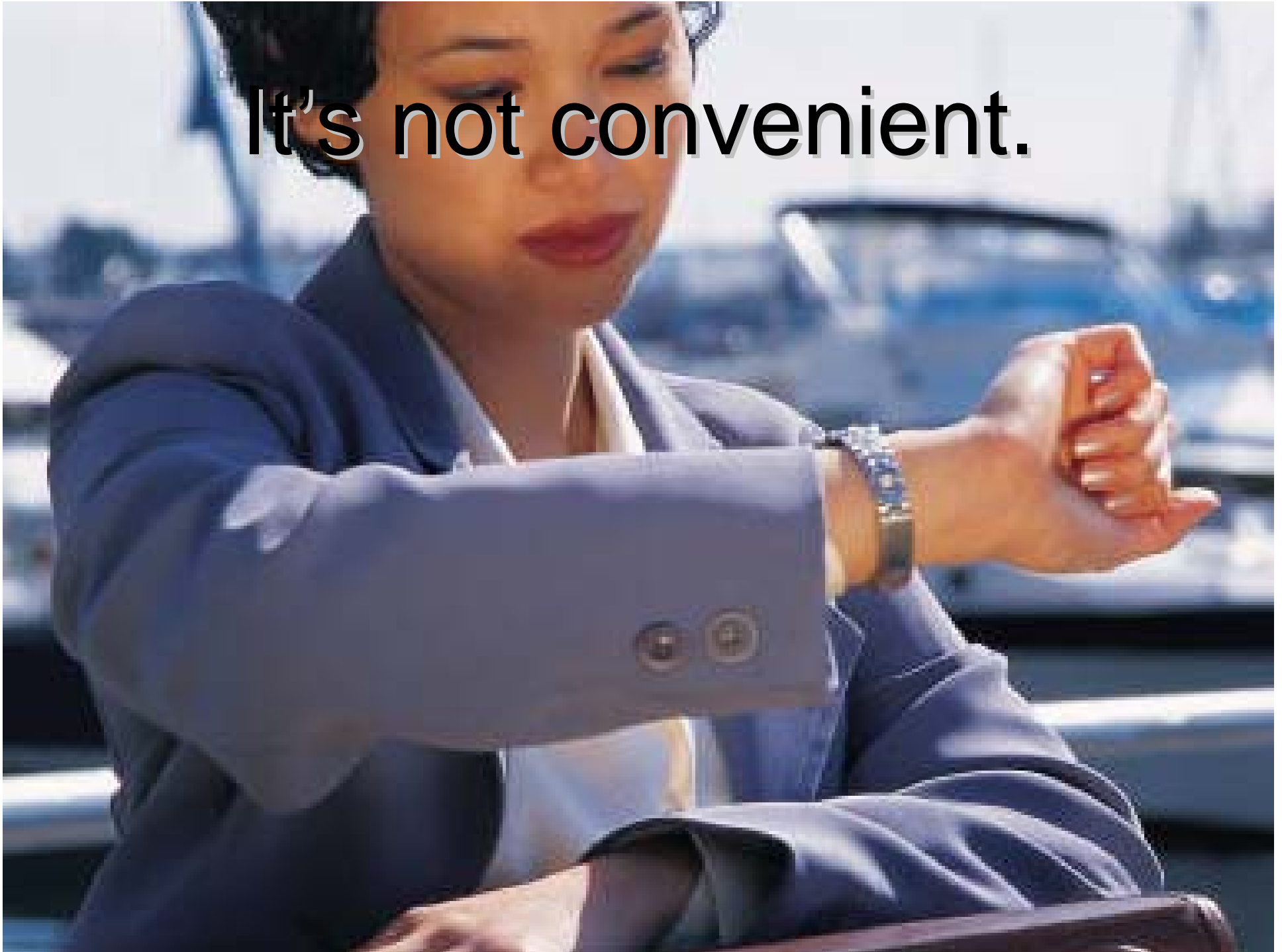
A man in a dark suit, light blue shirt, and dark tie is sitting on a wooden park bench. He is looking down at a sandwich he is holding in his hands, which is partially unwrapped from a white paper. The background shows green foliage and a black metal fence. The text "If I eat breakfast, I am hungry earlier." is overlaid in the center of the image.

If I eat breakfast,
I am hungry earlier.

I don't like breakfast foods.



It's not convenient.



Lack of Legislation



